

Seniors

Aging Information, Services and Support:

The community may obtain information, services and support related to aging issues by calling 240-314-8810.

Rockville Senior Center

Social, recreational, educational, fitness and wellness programs are offered at this multipurpose center.

Monday-Friday 8:30 a.m. - 5 p.m.
Saturday 8:30 a.m. - 1 p.m.

The Rockville Senior Center provides a central location for many programs, activities, and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center.

\$25 Residents
\$125 Nonresidents
\$65 Spouse

Additional \$25 per person for Fitness Membership. For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019. For bus transportation call 240-314-8810.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Washingtonian Center: 9/18
Westfield Wheaton Mall: 10/11
Lakeforest Mall: 11/5
Westfield Montgomery Mall: 12/20

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800.
5. Discounts are not available on 

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.01-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center memberships are available. Must meet age and income guidelines.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.38. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations.

Suburban Hospital HeartWell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

Your Money, Your Life

Rockville Senior Center
Thursday, October 12, 2006
10 a.m. - 2 p.m.

- Medicare/Medicaid: Planning for long term care
- Estate Planning
- Selling Your Home
- The Right Mortgage for Your New Home
- Plan Your Portfolio So You Can't Outlive It

Seniors

Arts/Dance/Enrichment

Harvest Ball *New*

Celebrate the beautiful Maryland seasonal changes by joining us for our First Annual Harvest Ball. We will partner with the Gaithersburg Senior Center to host an evening of light refreshments, dancing to an 18 piece orchestra and cash bar (beer and wine). Plan to come with friends and enjoy the season!

Course #	Day	Date	Time	Fee (M/NM)
19872	Th	Oct 26	7pm-9:15pm	\$10/\$13

Location: Carnation Room

Animals You've Never Heard Of *New*

Do you know what a Fanaloka or Arabian Babbler is? Come to our new Zoo On Wheels program and find out. There are lots of critters we've never heard of so let's listen and learn together.

Course #	Day	Date	Time	Fee
19943	Th	Nov 9	11am-12 noon	Free

Location: Azalea Room

Birthday and Anniversary Parties

Celebrate fall birthdays and anniversaries with great entertainment and light refreshments. Mark your calendar for this special afternoon of socialization and celebration.

September Birthday and Anniversary Party

Sponsored By: Louise Gregory and Flo and Tom Warmack, Jean and Ric Ratti

Entertainment By: Charlie and Hector

Course #	Day	Date	Time	Fee
19869	W	Sep 6	1:30pm-3pm	Free

October Birthday and Anniversary Party

Sponsored By: Senior Associates Club

Entertainment By: Company B

Course #	Day	Date	Time	Fee
19870	W	Oct 4	1:30pm-3pm	Free

November Birthday and Anniversary Party

Sponsored By: Suburban Federal Savings Bank and Willing 3 C's Club

Entertainment By: Paul Seipp

Course #	Day	Date	Time	Fee
19868	W	Nov 1	1:30pm-3pm	Free

December Birthday and Anniversary Party

Sponsored By: Triple F Club and John Wharen

Entertainment By: Dale Jarrett and the Carnation Players Holiday Happening.

Course #	Day	Date	Time	Fee
19867	W	Dec 6	1:30pm-3pm	Free

Location: Carnation Room

Calligraphy - An Introduction *New*

This introductory class, taught by Nell Jansen, will teach us to the fine art of calligraphy. Learn this elegant style of penmanship. Fee of \$10 payable to instructor at the first class for a starter kit.

Course #	Day	Date	Time	Fee (M/NM)
19976	Tu	Sep 19-Oct 24	6:30pm-8:30pm	\$44/\$55

Location: Arts and Crafts Room

Carnation Players Star Search

If you have a flare for theatrics, can sing, play an instrument, help write a script, create costumes or assist on the set, the Carnation Players need you. You may have a hidden talent and just need to be discovered. Help us prepare for our holiday performances.

Course #	Day	Date	Time	Fee
19858	Tu	Sep 26-Nov 28	3pm-4pm	Free

Instructor: Beck
Location: Carnation Room

Cats of the World *New*

Join us for a new Zoo On Wheels program about 'Cats Of The World' from our friends at the National Zoo. Come learn about species you are not familiar with and about any new additions to our Zoo. Something tells me they won't be talking about everyday housecats!

Course #	Day	Date	Time	Fee
19942	Th	Sep 28	11am-12 noon	Free

Location: Azalea Room

Chinese/English Discussion Group

Practice your English skills while discussing current events. Conversations are held in Chinese and English. Everyone is welcome to join us.

Course #	Day	Date	Time	Fee (M/NM)
19961	F	Sep 22-Dec 1	10am-11:30am	\$12/\$14

Location: Board Room

Citizenship

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, sign-up for this class. Instruction in English, communication and preparation for the I.N.S. Naturalization interview. Priority will be given to seniors and members of the Rockville Senior Center. You may register the first day of class.

Course #	Day	Date	Time	Fee (M/NM)
19977	M & W	Sep 18-Nov 15	12:30pm-2:30pm	\$15/\$20

Location: Arts and Crafts Room

Seniors

Computers - Beginners Introduction

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10 a.m.-2 p.m. Tuesday & Thursday class meets 10:30 a.m.-12 noon. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

Course #	Day	Date	Time	Fee (M/NM)
19951	M, Tu & Th	Oct 9, 24, 26	10am-11:30am	\$5/\$7
19952	M, Tu & Th	Nov 13, 28, 30	10am-11:30am	\$5/\$7

Location: Computer Lab

Computers - Chinese Beginners *New*

Beginning computer classes taught in Chinese

Course #	Day	Date	Time	Fee (M/NM)
19963	F	Oct 6-27	1pm-3:30pm	\$5/\$7

Location: Computer Lab

Computers - Chinese Intermediate *New*

Intermediate computer classes taught in Chinese. No class 11/10 & 11/24

Course #	Day	Date	Time	Fee (M/NM)
19964	F	Nov 3-Dec 1	1pm-3:30pm	\$18/\$22

Location: Computer Lab

Computers - Clarify Concepts

Now that you have completed Computers - Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

Course #	Day	Date	Time	Fee (M/NM)
19954	W	Oct 4	10am-12 noon	\$6/\$8
19955	W	Nov 1	10am-12 noon	\$6/\$8
19956	W	Dec 6	10am-12 noon	\$6/\$8

Instructor: Conway

Location: Computer Lab

Computers - E-mail

Learn how to set up an address book, how to send attachments, photographs, signatures and group mail. A discussion of Hotmail will be included. Note: \$2 materials fee payable to instructor at class. No class 11/7. Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
19969	Tu & Th	Nov 9-16	10am-12 noon	\$24/\$30

Instructor: Bender

Location: Computer Lab

Computers - More Keyboard & Mouse

This class is for students who would like to have further instruction and assistance using the computer keyboard and mouse. Prerequisite: Beginners Introduction to Computers

Course #	Day	Date	Time	Fee (M/NM)
19980	W	Dec 6	1pm-3pm	\$6/\$8

Instructor: Martin

Location: Computer Lab

Computers - Online Banking & Bill Paying *New*

Not sure if on-line banking is for you? Is it really secure, fast and easy? Learn about what you can do when you bank on line from managing your finances, to paying your bills on time.

Course #	Day	Date	Time	Fee
19965	Th	Oct 19	10am-12 noon	Free

Location: Azalea Room

Computers - Presentations *New*

Learn how to produce a computer-generated slide show with music that can be run on any PC without additional software. Following this class, you may bring the file to the 'Use & Demo of Burners' to create a family gift. Prerequisite: Computer Essentials. Note: \$3 materials fee payable to instructor at first class. No class 11/13.

Course #	Day	Date	Time	Fee (M/NM)
19967	M & W	Nov 6-20	10am-noon	\$36/\$45

Location: Computer Lab

Computers - Right Click - Left Click

Learn to use the right mouse button! Discover its many applications in word processing, copying pictures, file management and customizing your desktop. Many functions can be performed more easily if you know how to use both the left and right mouse buttons.

Course #	Day	Date	Time	Fee (M/NM)
19978	M & W	Oct 16-18	1pm-3pm	\$8/\$10

Instructor: Martin

Location: Computer Lab

Computers - Security *New*

Computer security can be a difficult topic for many people. Learn about the problems caused by computer attacks and how to protect yourself and your computer. Anti virus software and other tools will be discussed as will hints on how to protect your privacy. Presented by Radu Marin, Senior Security Analyst, N.I.H. Federal Credit Union.

Course #	Day	Date	Time	Fee
19941	Tu	Oct 24	1pm-2:30pm	Free

Location: Board Room

Seniors

Computers - Shopping On-Line

Not looking forward to battling the crowds at the mall this holiday season? Order on-line and have your packages delivered right to your door. Find out where to shop, how to get the best price and about shopping security.

Course #	Day	Date	Time	Fee
19958	W	Nov 29	10am-12 noon	Free
Instructor: Conway				
Location: Computer Lab				

Computers - Simple Word Processing

Learn to use Notepad and WordPad, two relatively simple word processing programs. Typing skills are not needed.

Course #	Day	Date	Time	Fee (M/NM)
19979	M & W	Nov 6-8	1pm-3pm	\$8/\$10
Instructor: Martin				
Location: Computer Lab				

Computers - Spreadsheets & Stocks *New*

While learning spreadsheet techniques, maintain your stock portfolio including profits and losses, dividends, trailing stops and current overall value. Bring names and symbols of your current stocks. Note: \$5 materials fee payable to instructor at first class. Prerequisite: Clarify Computer Concepts and Computer Essentials.

Course #	Day	Date	Time	Fee (M/NM)
19968	Tu & Th	Dec 5-12	10am-12 noon	\$27/\$35
Location: Computer Lab				

Computers - The Essentials

Build the necessary foundation toward a better understanding of computer terms and uses. This class is the springboard to a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts.

Course #	Day	Date	Time	Fee (M/NM)
19959	Tu & Th	Oct 10-17	10am-12 noon	\$24/\$30
Instructor: Bender				
Location: Computer Lab				

Computers - Use & Demo of Burners

Make your own holiday gifts this year! Learn how to burn and send photo albums and make copies of CD's and DVD's for backup. Note: \$5 materials fee payable to instructor at first class.

Course #	Day	Date	Time	Fee (M/NM)
19966	Tu	Nov 21	10am-noon	\$6/\$8
Instructor: Bender				
Location: Computer Lab				

Computers - Windows XP

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class.

Course #	Day	Date	Time	Fee (M/NM)
19960	M & W	Oct 18-30	10am-12 noon	\$36/\$45
Location: Computer Lab				

Counseling & Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Thursday each month and will be in Spanish. Presented by Affiliated Sante' Group. Class will meet Oct 26, Nov 30, Dec 14.

Course #	Day	Date	Time	Fee
19962	Th	Oct 26-Dec 14	1pm-2pm	Free
Location: Azalea Room				

Decoupage: Decorating With Cut-Outs *New*

Have fun and create something beautiful and useful, to give as a gift...if you can part with it! This is a great class for beginners or seasoned crafters as the techniques can be adapted to different levels of skill. Supply list will be mailed or various kits (\$10-\$20) are available for purchase from instructor. Instruction booklet showing each step will be distributed.

Course #	Day	Date	Time	Fee (M/NM)
20360	Th	Dec 7&14	10:30am-12:30pm	\$8/\$10
Location: Arts and Crafts Room				

Digital Photo - Beginners

Digital cameras are really mini computers. Join us and learn the functions of the camera's menu system. Then we will use the camera in auto mode and produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual.

Course #	Day	Date	Time	Fee (M/NM)
19970	Tu & Th	Oct 10-17	1pm-3pm	\$35/\$43
Location: Computer Lab				

Digital Photo - Intermediate

Further use of camera capabilities will be explored as we discuss additional menu items, shoot close-up images, and use depth of field capabilities. Investigate lighting techniques, use of proprietary camera functions and understand how to improve our photo by using built in camera flash. Bring a digital camera.

Course #	Day	Date	Time	Fee (M/NM)
19971	Tu & Th	Nov 9-16	1pm-3pm	\$35/\$43
Instructor: Bender				
Location: Computer Lab				

Seniors

Digital Photography Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Bring sample photos on a floppy disk or a chip. Student photos will be printed.

Course #	Day	Date	Time	Fee (M/NM)
19972	Tu & Th	Nov 28-Dec 7	1pm-3pm	\$45/\$56
Instructor: Bender				
Location: Computer Lab				

English Classes

For seniors whose first language is not English. The classes include reading, speaking, listening and pronunciation. Include beginner, intermediate and advanced levels. Placement may be revised based on skill or ability.

Beginner

Course #	Day	Date	Time	Fee (M/NM)
20039	M & W	Sep 18-Nov 29	10:15am-11:15am	\$12/\$15

Intermediate

20043	Tu	Sep 19-Nov 28	10am-12 noon	\$12/\$15
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Advanced

20045	W	Sep 20-Nov 29	10am-12 noon	\$12/\$15
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Location: Azalea Room

Estate Planning & Living Trusts

Learn how a living trust can help you avoid probate, save taxes and more. If you own titled assets and want your loved ones to avoid court interference upon your death or incapacity, attend this estate planning workshop given by Patrick Carroll, Investment Advisor and C.F.P. and Francis Johnkreysa, Esq.

Course #	Day	Date	Time	Fee
19940	W	Oct 25	1pm-3pm	Free

Location: Azalea Room

Gifts from the Kitchen *New*

A 'quick to fix' homemade gift from the kitchen will make the season merrier for anyone. Package several delicious mixes such as homemade granola, minestrone soup, oat bran muffins, pecan caramel candies and more in decorative jars, bottles, boxes and bags with recipe attached.

Course #	Day	Date	Time	Fee (M/NM)
19876	Th	Nov 16	10am-12 noon	\$24/\$30

Instructor: Beck

Location: Arts and Crafts Room

Group Piano

Lessons offered at different levels teach the fundamentals of rhythm, theory and note reading of music. Pianos are available for each lesson, and for practice by checking with the Center office in advance. Note: Prerequisite for all classes is completion of the Spring '06 session. No class 10/2.

Intermediate

Course #	Day	Date	Time	Fee (M/NM)
19863	M	Sep 18-Nov 6	10:15am-11:15am	\$65/\$80

Advanced Intermediate

19864	Tu	Sep 19-Oct 31	10:15am-11:15am	\$65/\$80
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Location: Board Room

Elementary

19865	Tu	Sep 19-Oct 31	11:15am-12:15pm	\$65/\$80
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Instructor: Butenhoff

Jefferson Cafe

Presented by Montgomery College, Paul Peck Institute for American Culture and Civic Engagement. The mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

Hunger for Memory

Reading by Richard Rodriguez about the experience of being caught between two cultures.

Course #	Day	Date	Time	Fee
20321	W	Sep 20	1pm-2:30pm	Free

On Paradise Drive

Reading by David Brooks about life in suburbia.

20322	W	Oct 25	1pm-2:30pm	Free
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The Declaration of Independence

Re-reading and discussion.

20323	W	Nov 29	1pm-2:30pm	Free
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Instructor:

Location: Board Room

Seniors

Line Dancing - Beginners



Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for Beginners with progression to Intermediate, so you can learn at your own pace. This is a no-partner activity for men and women. Let's get ready for the line dancing social at the Senior Center on Sept. 14.

Course #	Day	Date	Time	Fee (M/NM)
19894	W	Sep 6-Oct 11	10:10am-10:55am	\$25/\$30

Location: Carnation Room

19933	F	Sep 8-Oct 13	11am-11:50am	\$25/\$30
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Instructor: Korb

Location: Twinbrook Communiy Recreation Center

Line Dance Social

Polish your cowboy boots and get ready to have a rip roarin', foot stompin', good-ole time right. No previous experience or partner is necessary. Instructions will be given. Come and enjoy a dish of ice cream and be prepared to have a great time dancing.

Course #	Day	Date	Time	Fee (M/NM)
19934	Th	Sep 14	1pm-3pm	\$3/\$5

Instructor: TBA

Location: Carnation Room

Modern Disasters *New*

Join Professor McDermott, of the Montgomery College Speakers Bureau, as he discusses the current wave of natural disasters. Discussions of tidal waves, hurricanes, earthquakes and tornados will give us a better understanding of the world in which we live.

Course #	Day	Date	Time	Fee
19985	Tu	Nov 14	10:30am-12 noon	Free

Location: Azalea Room

More...How To Listen To Jazz

Continue, or start if you missed the first session, to learn more and add to your appreciation of America's premiere art form. Presented with live and recorded examples by Jesse Etelson, gain understanding of what the artists are up to when they improvise, as Mozart and other classical composers did.

Course #	Day	Date	Time	Fee
20325	Tu	Sep 26	10:30am-12 noon	Free

Location: Azalea Room

Oh! Those Gentlemen! *New*

Join us on a tour of the distinctive male singers in American music history from Jolson, Crosby and Sinatra up to today's reign of Mathis and Harry Connick, Jr. Featuring the blues, the 20's era, swing, balladeers, scat, soul and Broadway show singers; all will be presented with their differences in style, technique and interpretation. A fun tour!

Course #	Day	Date	Time	Fee (M/NM)
19866	Th	Oct 5-26	1pm-2:30pm	\$8/\$12

Location: Azalea Room

Piecemakers' Club

Come join our friendly group of quilters! You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting. No class 10/2.

Course #	Day	Date	Time	Fee (M/NM)
19859	M	Sep 18-Nov 13	12:45pm-2:45pm	\$8/\$10

Location: Board Room

Protect Yourself: Identity Theft & Scams *New*

Don't be a target! Learn everyday measures to protect your information (shredder, password protection, credit card reports, etc.) and find out what steps to take if someone has stolen your identity. Common scams aimed at seniors and legal options will be discussed.

Course #	Day	Date	Time	Fee
19986	W	Nov 15	1pm-2:30pm	Free

Location: Azalea Room

Scents for the Holidays *New*

Delight in holiday scents in this aromatherapy seminar. Learn why the aromas of clove, bayberry and winter pine have become so popular. Combine fruits, flowers, nuts and oils into special presentations and discussions of holiday garland, spice topiary and fragrant pomander. Participants will have the chance at winning one of the holiday crafts.

Course #	Day	Date	Time	Fee (M/NM)
19938	W	Nov 1	6:30pm-8:30pm	\$4/\$6

Location: Arts and Crafts Room

Tote Bag Purse Making *New*

Learn to make a basic lined tote bag/purse of any size and how to add the lining and pockets. Sewing machine with straight seam capability needed. Bring yours or machines will be available for a user fee of \$10, reserve in advance. Material list will be mailed upon registration and see a sample bag on display at Senior Center. \$5 fee payable to instructor.

Course #	Day	Date	Time	Fee
20004	Th	Sep 14	9:30am-12:30pm	Free

Location: Card Room

Seniors

Traveling with Lewis and Clark *New*

Our speaker, who recently traveled the Lewis and Clark trail, will discuss this famous expedition and its importance in the history of the nation. A special digital and stereo sound presentation will take you back in time.

Course #	Day	Date	Time	Fee
19874	Tu	Oct 3	10:30am-12 noon	\$2/\$4

Location: Azalea Room

Veterans Affairs Update *New*

Veterans come and meet with Paul Prozialeck, Director of Veterans Service Programs for the State of Maryland and get an important update on available programs and services. Recent security identity theft concerns at the VA will be covered. This is an important meeting you won't want to miss!

Course #	Day	Date	Time	Fee
19975	Th	Sep 28	10am-11am	Free

Location: Arts and Crafts Room

Watercolor - Beginning and Continuing

Learn basic techniques, color mixing, and brushwork. Value studies, composition, and experimental approaches will be explored. Note: \$6 material fee for new students payable to the instructor at first class.

Course #	Day	Date	Time	Fee (M/NM)
19712	Tu	Sep 19-Oct 31	1pm-3pm	\$57/\$71

Instructor: Ely

Location: Arts and Crafts Room

Watercolor - Advanced

Using skills they have already mastered, students will learn new techniques in watercolor. Traditional and contemporary approaches will be offered as well as individualized assistance with brushwork and technique. Come enhance your skills in a comfortable and nurturing atmosphere.

Course #	Day	Date	Time	Fee (M/NM)
19711	Th	Sep 21-Nov 2	10am-12 noon	\$57/\$71

Instructor: Ely

Location: Card Room

SENIORS! LIVE BETTER AT HOME

New solutions that work now!

Followed by English Tea, gifts, music, information and fun

Rockville Senior Center

Thursday, November 2, 2006 • 12:30 - 4:00 p.m.

Senior Needs Overview

Naturally Occurring Retirement Communities

Home Financing

Other Speakers to be announced

Fitness/Wellness

ABC's of Skin Care



Skin cancer is on the rise and it's never too late to protect yourself from the sun's rays. Join Dr. Thomas Yu as he describes lesions that can be identified with skin cancer, various problem areas, and when to see the dermatologist. He will also explain new surgical techniques that may be employed with minimal scarring to remove unwanted lesions.

Course #	Day	Date	Time	Fee
19928	Th	Nov 16	1pm-2pm	Free

Location: Azalea Room

Afternoon Tone and Stretch



Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will use exercise tubes, weights, Swiss balls and mats.

Course #	Day	Date	Time	Fee (M/NM)
19877	M & W	Sep 11-Nov 8	1pm-2pm	\$38/\$47

Instructor: Cristiano

Location: Exercise Room

Annual Teddy Bear Walk



Energize your heart put joy in the hearts of children. Purchase a NEW teddy bear or other stuffed animal and bring it along as we walk from the Senior Center to Shady Grove Hospital (approx. 1 1/2 miles). After presenting the animals to the children, we will meet for a delicious complimentary lunch in the cafeteria and then walk back to the Center. (Van transportation available if needed.) Rain date: 10/6.

Course #	Day	Date	Time	Fee
19879	Th	Oct 5	9:45am-12:30pm	Free

Instructor: Klopfer

Location: Exercise Room

Arthritis Foundation's PACE



People with Arthritis Can Exercise (PACE). Designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

Course #	Day	Date	Time	Fee (M/NM)
19880	Th	Sep 14-Nov 9	1pm-2pm	\$25/\$31

Instructor: Cristiano

Location: Exercise Room

Seniors

Basic Weight Training - Beginners



Designed to emphasize muscle strengthening and toning while learning the basics of weight training. Proper technique and body alignment will be taught while using hand held weights and exercise tubes.

Course #	Day	Date	Time	Fee (M/NM)
19882	Tu	Sep 5	2pm-3pm	\$7/\$9
Instructor: Klopfer				
Location: Exercise Room				

Chair Exercise



Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

Course #	Day	Date	Time	Fee (M/NM)
19886	M & W	Sep 11-Nov 8	11am-12 noon	\$38/\$47
Instructor: Cristiano				
Location: Exercise Room				

Chair Volleyball

New



Try this fun new class designed for any fitness level. Stay seated throughout the class while using a beach ball to hit over the net. Will help reduce stress, improve cardiovascular fitness, increase joint and overall flexibility and enhance muscle tone and endurance.

Course #	Day	Date	Time	Fee (M/NM)
19995	F	Sep 15-Oct 20	11:15am-12:15pm	\$6/\$9
Instructor: Klopfer				
Location: Exercise Room				

Chi Walking for Seniors

New



Designed for those who want to begin a walking routine but have not exercised in years...or ever! ChiWalking emphasizes proper biomechanics of walking based on principles borrowed from T'ai Chi. Makes walking easier on the body and helps eliminate the aches of walking incorrectly. Includes standing with correct posture and some short-distance walking.

Course #	Day	Date	Time	Fee (M/NM)
20344	Sa	Oct 7	9am-12 noon	\$3/\$5
Location: Azalea Room				

Exercise Plus/Chinese Dance



This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including T'ai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

Course #	Day	Date	Time	Fee (M/NM)
19888	F	Sep 15-Nov 10	1pm-2pm	\$6/\$9
Instructor: Kao				
Location: Exercise Room				

Exercise Plus Intermediate/Chinese Dance



For students who have taken at least one session of Exercise Plus.

Course #	Day	Date	Time	Fee (M/NM)
19925	F	Sep 15-Nov 10	2pm-3pm	\$6/\$9
Instructor: Kao				
Location: Exercise Room				

Fitness Club



Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$25 fitness room fee, payable upon renewal of Center Membership. For Fitness Club Members Only. Mon.-Fri., 8:30 a.m. - 4:50 p.m., Sat., 8:30 a.m. - 12:50 p.m. (Ongoing)

Exercise Machine Training



Learn how to use the exercise equipment and become a Fitness Club member. Register for the month desired and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room. (Ongoing)

Course #	Day	Date	Time	Fee (M/NM)
19889	M & W	Aug 30-Dec 18	8:30am-4:50pm	\$25
Instructor: Klopfer				
Location: Fitness Room				

Increase Your Longevity

New



Each year 950,000 individuals die of heart disease and 1 in 6 persons develop diabetes. Dr Robert Rifkin will discuss ways for individuals to prevent degenerative diseases, increase life expectancy and maintain optimal health through exercise, stress management and body mechanics.

Course #	Day	Date	Time	Fee
19973	Tu	Oct 17	1pm-2pm	Free
Location: Azalea Room				

Seniors

Lipid Profile Screening



This blood test includes total cholesterol, HDL, LDL, triglycerides and cholesterol/HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Fee: \$23 for seniors (55+) payable on day of screening. Advanced registration is required. Call 800-542-5096 to register. Screening will be held 9/22 & 11/17.

Course #	Day	Date	Time	Fee
19984	F	Sep 22-Nov 17	10am-11:30am	Free

Location: Health Room

New Advances in Foot Care



Many of us suffer with a variety of foot problems because we fear the treatment. New techniques and less invasive surgeries have been developed to minimize scarring, pain and rehabilitation. Dr. Srivastava will stress the importance of healthy feet for overall well being. Walking and exercise benefits most chronic disease we may develop as we age, so come learn how to stay active.

Course #	Day	Date	Time	Fee
19927	Th	Oct 19	1pm-2pm	Free

Location: Azalea Room

New! Shingles Vaccine



Shingles is caused by the varicella-zoster virus, the same virus that causes chickenpox. After having chickenpox, the virus lies dormant in nerve cells. It is estimated that 2 in every 10 adults get shingles. Learn about the new vaccine Zostavax, approved by the FDA last spring.

Course #	Day	Date	Time	Fee
19987	Tu	Oct 5	10am-11:30am	Free

Location: Azalea Room

Personal Trainer



A AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for activity, you will be contacted to arrange an appointment time. Prerequisite: Must have been trained on equipment. Refer to Exercise Machine Training. For Fitness Club Members Only. No class 9/4. (Ongoing)

1-One Hour Session

Course #	Day	Date	Time	Fee (M/NM)
19896	M & W	Aug 30-Dec 18	9am-4:50pm	\$39

2-One Hour Sessions

19897	M & W	Aug 30-Dec 18	9am-4:50pm	\$64
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Instructor: Klopfer

Location: Fitness Room

Senior Ballroom Dance Lessons



Come try our new class and prepare to dance the night away at the first Annual Senior Center Harvest Ball. Take this easy to follow class and you will have a great time learning the foxtrot, rumba, swing and the merengue. No Class 11/7.

Course #	Day	Date	Time	Fee (M/NM)
19988	Tu	Sep 19-Nov 14	10am-10:45am	\$38/\$43

Instructor: Klansek

Location: Carnation Room

Senior Fit



Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, class includes fitness assessments. New participants must register and have a signed doctor's certificate. Forms are available in front office. FOR SENIOR CENTER MEMBERS ONLY. (Ongoing.)

Course #	Day	Date	Time	Fee
19900	M & W	Aug 30-Dec 18	1:30pm-2:15pm	Free
19901	M & W	Aug 30-Dec 18	2:20pm-3:05pm	Free

Instructor: TBA

Location: Carnation Room

Senior Fitness Walkers



Get in the habit of walking. It's good for the mind, body and soul. Increase the number of steps you walk daily and gain a healthier lifestyle. Meet with our staff once a week to walk, get information, and support. Pedometer available (or bring your own) to count daily steps.

Course #	Day	Date	Time	Fee (M/NM)
19935	Th	Sep 7-Oct 19	9:30am-10:30am	\$5/\$8

Instructor: Korb

Location: Lobby

Senior Pilates - Beginners



Gentle Pilates class designed for beginners. Learn all of the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes.

Course #	Day	Date	Time	Fee (M/NM)
19924	W	Sep 13-Nov 10	2pm-2:45pm	\$46/\$57

Instructor: Korb

Location: Exercise Room

Seniors

Senior Pilates - Intermediate



Participant should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Wear comfortable clothes. No Class 11/7.

Course #	Day	Date	Time	Fee (M/NM)
19902	Tu	Sep 12-Nov 14	2pm-2:45pm	\$48/\$60
19915	Tu & Th	Sep 12-Nov 14	2pm-2:45pm	\$90/\$112

Instructor: Klopfer

Location: Exercise Room

Senior Pilates-Mini-Session



A continuation of the current Senior Pilates fall session. It will consist of six additional classes.

Course #	Day	Date	Time	Fee (M/NM)
19903	Tu & Th	Nov 28-Dec 14	2pm-2:45pm	\$30/\$38

Location: Exercise Room

Senior T'ai Chi Ch'uan



Program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, it offers relaxation and breathing techniques, and range-of-motion routine. For Senior Center Members Only. No Class 11/7.

Course #	Day	Date	Time	Fee
19904	Tu & Th	Sep 12-Nov 9	10am-10:50am	Free

Instructor: Tuanmu

Location: Exercise Room

Soft Aerobics



Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain. No Class 11/7.

Course #	Day	Date	Time	Fee (M/NM)
19905	Tu & Th	Sep 12-Nov 14	11am-12 noon	\$38/\$47

Instructor: Klopfer

Location: Carnation Room

Strength Training Basics



Designed to emphasize muscle strengthening and toning, proper technique and body alignment taught using hand held weights and exercise tubes. Appropriate for Beginners and Intermediates.

Course #	Day	Date	Time	Fee (M/NM)
19906	Tu	Nov 21	2pm-3pm	\$7/\$9

Instructor: Klopfer

Location: Exercise Room

The New Attitudes



A spin-off group from Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class. No Class 11/7.

Course #	Day	Date	Time	Fee
19911	Tu	Sep 12-Nov 14	12 noon-12:30pm	Free

Instructor: Korb

Location: Exercise Room

Toning Table Training



Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. Must join Fitness Club to use tables. \$25 fee payable when your Senior Center membership is due. (Ongoing)

Course #	Day	Date	Time	Fee
19912	M & W,Th	Sep 11-Dec 28	10am-11am	\$8

Instructor: Cristiano

Location: Fitness Room

What is a Hospitalist?



You may have experienced a recent hospitalization and been seen by a 'hospitalist'; Who are these doctors and how are they involved in your care? Dr. Matthew Poffenroth of Inpatient Specialists, administers several of these groups in the metropolitan area. These inpatient doctors consult with your physician on the best plan of care for you.

Course #	Day	Date	Time	Fee
19929	Th	Dec 21	1pm-2pm	Free

Location: Azalea Room

Rockville Senior Center Flu Clinic

Tuesday, October 24 from 10 am - 1 pm
This clinic will be for Members only

Wednesday, November 15 from 10 am - 1 pm
\$32 for those without
Medicare Part B insurance

Seniors



Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

Course #	Day	Date	Time	Fee (M/NM)
19914	W & F	Sep 13-Nov 10	9:50am-10:50am	\$80/\$102

Instructor: Figlure

Location: Exercise Room

Sports/Leagues

Badminton for Seniors

Come join the fun. All levels welcome. Learn to play or improve your game. Instructor is a National Senior Olympic Gold Medalist. Take advantage of his expertise. Located at Twinbrook Community Recreation Center which has refinished the gym floor and lined it for badminton with 3 separate courts. (Ongoing)

Course #	Day	Date	Time	Fee
19881	W & F	Sep 13-Dec 29	8:45am-9:45am	Free

Instructor: Shannon

Location: Gymnasium



Bocce Ball Club

Easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. (Ongoing)

Course #	Day	Date	Time	Fee
19883	Tu & Th	Aug 29-Oct 5	10am-11am	Free

Instructor: Galasso

Location: Bocce Ball Court

Bocce Ball Tournament

Enjoy an entertaining, fun, and social morning. Our tournament is open to everyone. Prizes will be awarded.

Course #	Day	Date	Time	Fee
19884	Th	Sep 28	10am-11am	Free

Instructor: Cristiano

Location: Bocce Ball Court

Italian Festival and Bocce Ball

Let's spend an afternoon at the Italian Festival in DC. Whether you want to watch or play bocce on the street, listen to traditional Italian music or enjoy delicious Italian dishes. Wear comfortable shoes for lots of walking and bring money for lunch and snacks. Register by 9/15.

Course #	Day	Date	Time	Fee (M/NM)
20361	Su	Sep 24	12 noon-5:30pm	\$9/\$12

Location: Lobby

Game Room Activities - Day

Pool tables, table tennis and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up. Sign out keys for equipment in office. For Senior Center Members Only. Mon.-Fri., 8:30 a.m.-4:50 p.m., Sat., 8:30 a.m.-12:50 p.m. Table tennis available at Twinbrook Community Recreation Center, Wed., 9-10 a.m. No activities on 9/4.

Course #	Day	Date	Time	Fee
19926	M-Sa	Sep 11-Dec 9	8:30am-4:50pm	Free

Location: Game Room

Game Room Activities - Evening

Enjoy the game room now on Monday evenings. Pool tables, table tennis and dart board are available for your enjoyment. Must sign in at front desk before play. Sign out keys for equipment at front desk. For Senior Center Members Only.

Course #	Day	Date	Time	Fee (M/NM)
19991	M	Sep 11-Nov 6	6:30pm-8:30pm	\$5/\$8

Location: Game Room



Newcomb Volleyball

Have fun and get fit at the same time. Newcomb is a form of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Coach 'Bernie' Shannon will help keep you in shape. Come out and play on a newly refinished gym floor at Twinbrook Community Recreation Center. (Ongoing.)

Course #	Day	Date	Time	Fee
19895	W & F	Sep 13-Dec 29	10am-11am	Free

Instructor: Shannon

Location: Gymnasium

Seniors

Senior Dodgeball *New*



Remember playing dodgeball as a child? To play, we will divide into two teams and use soft, spongy balls. It is a game of elimination. When a ball hits you or you drop a ball, you are out. The team with players remaining is the winner. Anyone can play and everyone will have a great time.

Course #	Day	Date	Time	Fee (M/NM)
19898	M	Sep 18-Oct 23	10am-11am	\$10/\$15

Instructor: TBA

Location: Carnation Room

Senior Duffers



It's not too late to get in a few more games of golf. The Duffers are still in full swing. Play is arranged at local golf courses. All levels of ability are invited to join. This is not a teaching activity. Both 9 Hole and 18 Hole play are available. (Ongoing.)

Course #	Day	Date	Time	Fee (M/NM)
19899	M	Sep 11-Oct 23	8am-1pm	\$5/\$8

Instructor: Sissala

Location: TBA

Senior Pool Tournament

Come join us for a friendly Pool Tournament in December at the Rockville Senior Center. For Senior Center members only.

Course #	Day	Date	Time	Fee
20320	Th	Dec 7	10am-12 noon	Free

Instructor: TBA

Location: Game Room

Senior Tennis - Intermediate *New*



Come join a fun group of intermediate level tennis enthusiasts and play a friendly game or two at Woodley Gardens tennis courts. Not a teaching activity. Must be Senior Center member or Rockville resident, aged 60 or older to participate.

Course #	Day	Date	Time	Fee
19990	F	Sep 15-Oct 20	9am-10:30am	Free

Instructor: TBA

Location: Tennis Court #1

Sugarloaf Mountain Walk *New*



Get those hiking shoes out and explore Sugarloaf Mountain. Enjoy a beautiful autumn day and see the changing colors of the leaves. Hike with a picnic on the mountain. Bring a bag lunch and beverage. Wear comfortable shoes and clothing.

Course #	Day	Date	Time	Fee (M/NM)
19989	Tu	Oct 24	9:30am-2:30pm	\$14/\$19

Instructor: Cristiano

Location: Lobby

Table Tennis - Beginners



For those who have had little or no experience playing table tennis. Learn techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

Course #	Day	Date	Time	Fee (M/NM)
20353	Tu	Sep 19-Oct 24	12:45pm-1:45pm	\$21/\$26

Instructor: TBA

Location: Carnation Room

Table Tennis - Intermediate



For those who have had experience playing with a basic knowledge of the rules and scoring. Not only is it fun to play but also aids in dexterity, flexibility, coordination, and reflexes. Paddles and balls available.

Course #	Day	Date	Time	Fee (M/NM)
19907	W	Sep 20-Oct 25	1pm-1:55pm	\$21/\$26

Instructor: Shinn

Location: Game Room

Table Tennis Tournament

There has been an increased interest in table tennis. Let's all get together in November and have a friendly competition. Prizes will be awarded.

Course #	Day	Date	Time	Fee
19909	Th	Nov 30	10am-12 noon	Free

Instructor: Cristiano

Location: Carnation Room

Ten Pin Rockin' Rollers



When is the last time someone cheered for you? Have a ball with this social league. New members welcome. Weekly \$5.75 fee, payable directly to Shady Grove Fairlanes (15720 Shady Grove Rd.) day of play and includes three games and shoe rental. (Ongoing)

Course #	Day	Date	Time	Fee
19910	Th	Sep 7-Dec 21	1pm-3pm	Free

Instructor: Jaques

Location: Bowling Alley

Ten Pin Rockin' Rollers Tournament

Come join us for a friendly bowling tournament in December at Shady Grove Fairlanes Bowling Alley. \$5.75 fee payable directly to Shady Grove Fairlanes day of the tournament.

Course #	Day	Date	Time	Fee
20319	Th	Dec 14	1pm-4pm	Free

Instructor: Jaques

Location: Bowling Alley

Seniors

Trips

Registration Procedure for all Trips:

An in-person lottery registration will be held on Tuesday, August 22, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 a.m. and 10:30 a.m., with numbers called in random order, starting at 10:30 a.m. Registrations will be accepted at the Senior Center only. Mail-in or walk-in registrations will be accepted on Thursday, August 24, on a space-available basis. Note: Individuals may register for themselves and for one other individual. The listed fee is payable at time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

DC Ducks

An exciting way to see Washington. Climb aboard an authentic restored 1942 amphibious vehicle as we 'waddle down' to the mall and splash down into the Potomac River. After our tour, we're back at Union Station for lunch on your own and free time for browsing and shopping or a visit across the street to The National Postal Museum - a museum that really delivers! Trip includes leadership, transportation and tour.

Course #	Day	Date	Time	Fee (M/NM)
19860	Tu	Sep 19	9am-3pm	\$58/\$73
Depart From: Glenview Mansion				

Maryland Science Center Exhibits

The newest traveling exhibit - Rockwell's America: Celebrating the Art of Norman Rockwell is a three-dimensional interactive exhibit capturing a slice of Americana. Our entry also allows us to visit all permanent exhibits at the Science Center and the Davis Planetarium Show, Dino Hall and an IMAX film. Lunch on your own in Cafe. Trip includes transportation, ticket and leadership.

Course #	Day	Date	Time	Fee (M/NM)
19875	Th	Oct 12	9am-3pm	\$48/\$60
Depart From: Glenview Mansion				

Strasburg Railroad and Amish Market

Enjoy a ride on the Strasburg Railroad and have a taste of the past as we travel thru scenic Amish Country and enjoy lunch in the dining car. After the train ride, we're off to the Lancaster Central Market. This is the country's oldest publicly-owned, continuously-operated farmer's market. Trip includes: transportation, train ride, lunch, market and leadership.

Course #	Day	Date	Time	Fee (M/NM)
19861	Tu	Oct 17	8:30am-5:30pm	\$69/\$86
Depart From: Glenview Mansion				

Wayside Theatre

Agatha Christie is back at Wayside Theatre in Middleburg, VA for a wild whodunit featuring the great detective, Hercule Poirot. 'Black Coffee' will have you sitting on the edge of your center orchestra seat. Lunch at the historic Wayside Inn prior to the show. Join us for theatre at it's best! Trip includes lunch, transportation, show and leadership.

Course #	Day	Date	Time	Fee (M/NM)
19873	W	Nov 8	10am-7pm	\$85/\$106
Depart From: Glenview Mansion				

Big Band Holiday Show

The sights and sounds of Christmas are alive ...Big Band Style, with a talented cast of performers and 16 piece orchestra. Travel to Glen Burnie to LaFontaine Bleu for a sit down lunch and show. Hear all your favorite songs and carols of the season. Trip includes: transportation, leadership, lunch and show.

Course #	Day	Date	Time	Fee (M/NM)
19862	Tu	Dec 12	10am-4pm	\$67/\$84
Depart From: Glenview Mansion				



Holiday Bazaar

Rockville Senior Center

9 a.m. – 2 p.m.

Saturday, December 2

- Handmade Craft Show
- Indoor Yard Sale
- Senior Center Gift Shop & Thrift Shop
- Raffle and Door Prizes
- Homemade Food
- Bake Sale
- Plant Sale

Buy your Holiday presents early!